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ed in northern China in the same

Nothing in the way of a Cough is

Cough Remedy its remarkable cura-

Foods for the Gouty.

attained eminence in the treatment

of certain diseases, came to his the-

many cases of so-called neuralgia,

rheumatic pains, gouty twinges and

From these two facts he conclud-

ed that the headache was due to the

presence of uric acid in the blood,

and that the presence of uric acid

same chemically as uric acid.

He is a dangerous man who

losing an average of one or the

Doctor Haig of London, who has

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VOL. XI. NO. 5.

Lengthening Life.

It has been but a few weeks since a prominent Vale professor suggested to insurance men that human life the size of Scotland. Thus, in this panion during the year indicated by office up stairs, in the Jones Building. might be lengthened materially if one catastrophe, more lives were the following summary of contents proper steps were taken.

The hint was one that had commercial value to the men addressed, again, there is pestilence. The Contributed by Men and Women as will readily appear if a little black death killed in China, where of Wide Distinction in Public Life, thought is given to it.

The officials of the New York the rest of Asia 24,000,000 and 30,health department have just made 000,000 in Europe, or 67,000,000 some comparisons of the conditions in all. In India alone, and that in that city in 1908 and those that within the past twelve years, bubonexisted in 1898.

One of the things discovered was people and the epidemic still rages. that fewer children under 5 years of Famines run plagues a close secage died in the city in 1908 than in ond. The one that raged in Bom-1898, although the total population bay and Madras in 1877 slew 5,000,has increased by over 1,000,000 in oco people; and that which prevailthe decade.

The exact figures are, for 1898, year and which was due to the same 25,499; for 1908, 24,140. A table climatic causes cost 9,500,000 showing deaths at 25, 35, 55, 65, 75 lives." and 85 indicates that there has been a notable shrinking in the number of deaths at each point, except the

For illustration: At 25 in 1898 quickest relief comes perhaps from a there were 6,673 deaths as against 3,206 in 1908. The other points indicate like gains. At 85, however 904 died in the last year and 762 in

At 75 there were 2,727 deaths in 1898 and 3,175 in 1908, A comparison of death rates show that in 1898 it was 19.28 and in 1908 it was 16.52.

The health officials believe that the statistics prove that life is being lengthened as a result of their campaign. This has secured greater vigilance on the part of the authorities and more knowledge among the ory of the uric-acid causation of people of the laws of sanitation.

vance. There is every reason for on himself. During his student and ods unusually effective; position pergreat satisfaction with the progress early professional days he suffered manent; prefer one with experience, that is being made in fighting this horribly from periodical head-

importance of the observance of sorts of drugs and modes of hiving, Magazine Bidg., New York. simple rules of health has become and finally discovered that the less generally recognized.

The gift of more than \$1,000,000 by Mrs. W. K. Vanderbilt Sr. for occurrence of headache was marked the construction of sanitary tene- by a simultaneous excretion of a ments for people afflicted with tuber- large amount of uric acid. culosis is reported.

These will be conducted in connection with a hospital which has been meeting with steady success in handling cases of this disease.

It is not exactly a charity. It is believed that the returns from the investment of funds will show a satisfactory income, even with rentals low and tavors shown to those who need a certain kind of care.

There are people who are disposed at times to make light of the ac- are thrown into the system every tivities of those who are pushing the day. fight against the tuberculosis peril.

But the statistics that are being table-eating animal, he believes, and published from time to time appear must return to his original diet as to bear out the claim of these cam- the only means to his sanitary salvapaigners for health, that steady tion. In other words, Doctor Haig gains are being made.

That a woman of wealth should of one, for he does not allow all be willing to set aside a million dol- vegetable foods by any means. lars to help a good cause along is encouraging. That the compara- forbidden, since their protein is tive figures for years a decade apart readily convertible into uric acid, prove that life is being prolonged is and especially does he eschew teal even more gratifying.

Some Great Catastrophes.

"It is the general opinion that The diet of one who would avoid earthquakes constitute the most ter- becoming a subject of the uric-acid rible of the world's catastrophes, diathesis, or who would emancipate both as regards loss of life and de- himself from the pains of the already struction of property," says an Eng- existing condition, must therefore lish writer. "This however, is not consist almost entirely of breadstuff so. The convulsion in southern It- and cereals, puddings, fresh and aly killed not less than 200,000 peo- dried fruits, nuts and the milk prople and in this respect it is easily ducts. Water is the only beverage the most dreadful occurrence of its allowed. It is a meager diet, and kind. The historic Lisbon earth- must be more or less monotonous quake, which ranks next below it in and moreover, it is not always efficregard to the number of fatalities, acious in curing periodical headcaused about 50,000 deaths in that aches and other supposed manifestaone city alone and about an equal tions of the uric-acid diathesis. An number elsewhere. The South occasional course of it, and a habit-American one of 1867 was responsi- ual more or less close approach to it ble for 30,000. That which de- are, no doubt, of great benefit to stroyed Aleppo in 1822 slew 20,000. the general health, but one must not an analysis of the stomach nerves, alone brought that success the four worst earthquakes concerning which anything like reliable statistics are obtainable, and, of eye-strain, to be relieved more for the stomach nerves, alone brought that success to the stomach nerves, alone brought that success to the stomach nerves, alone brought that success to the stomach nerves, alone brought that success the four worst earthquakes forget that many of the ills credited to uric acid may be a direct result broad and allow complexion, try Dr. Shoop and his Restorative with the stomach nerves, alone brought that success to the stomach nerves, alone brought that success to the stomach nerves, alone brought that success to the stomach nerves, alone brought that success the four worst earthquakes concerning which anything like reliable to uric acid may be a direct result of eye-strain, to be relieved more fully recommend the success that the strong that the total combined loss of life, it by glasses than by diet. will be observed, did not, at any rate, exceed 350,000.

"But when the Yellow river burst spends much of his time drawing the banks in September, 1887, more fine lines between shrewdness and Restorative than 7,000,000 people were drowned sin.

GREENVILLE, KY., THURSDAY MARCH 11, 1909,

in the resultant great flood, which The Youth's Companion for 1909. covered to an average depth of six The amount of good reading given feet of populous Chinese province to subscribers to 'The Youth's Comlost than in all the earthquakes re- for 1909 corded in the world's history. Then,

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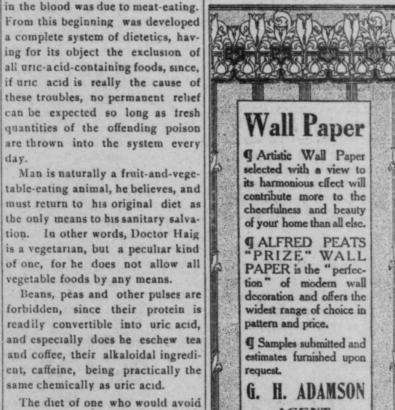
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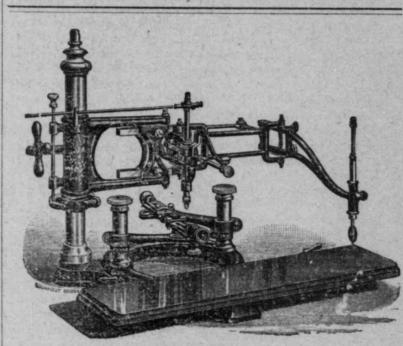
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